LONDON metro®

Friday's Jackpot
$10 MILLION estimated
Lotto MAX

DAY 2: TAKE BACK THE INTERNET

'YOUR RIGHTS MATTER ... BECAUSE YOU NEVER KNOW WHEN YOU'RE GOING TO NEED THEM.' LOOK FOR THIS CODE TO WATCH EDWARD SNOWDEN'S TED TALK PAGE 6-7

Chemo drug scandal spurs LHSC changes

So says LHSC's president, CEO after a non-partisan standing committee released its report PAGE 3

Lannisters or lemon cakes:

Which is worse? The actress behind Sansa on Game of Thrones isn't sure. Use Metro AR to see pics from next season PAGE 13

Lightning's future lineup a toss-up after playoff loss

'We want to change a few things for next year,' says basketball team's GM PAGE 21

NEWS WORTH SHARING.

CAREFULLY DOES IT

Artist Graham Henning relied on gravity, friction and skill to make an unusual sculpture using dozens of genuine library books Wednesday. He's pictured taking away the support under his creation called, simply, Book Arch. Did it fall down? Story on page 8.

MIKE DONACHIE/METRO

High price of a hard winter

City budget. Extra $3M was spent clearing snow

MIKE DONACHIE
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We're already praying for a mild winter next time, but now we can add another reason.

The city's snow-clearing budget has taken a big hit, said John Parsons, division manager of transportation and roadside operations.

With the final numbers in for what was one of the worst winters in London's history, the city spent two-thirds of the money available for the whole year. If next winter is as bad as this one, it could be a problem.

Here's the breakdown: From January to December, the city has $12 million to spend.

Typically, it spends about $5 million of that in January, February and March. This year, it's spent $8.2 million already.

"We're about $3 million more than we would normally have spent at this point in the year," Parsons said. "We've got about $4 million left for the rest of the year. Next November-December, we'll have to see how that goes. We don't know yet.

"Certainly, for 2013, which included the huge snowstorm we had at the beginning of the season, we were $2 million of that year's budget (in November and December)."

There's also a reserve fund with $1.6 million in it, and that can be tapped if it's needed.

So there's no need to worry, Parsons stressed, unless things get really bad.

But what if they do? What if we get a repeat of last November and December, and the budget gets eaten away?

One weekend in January alone, for example, cost $750,000 to run the city's plows and bring in contractors.

"It's up to council," Parsons explained. "They would decide how they want to make up any shortfall. We will still continue to provide services."

And, sometimes, a mild winter is good news for the taxpayer. In 2012, the snow-clearing budget had $2 million left over.

But the recent break in the weather doesn't mean a break for city work crews. Now it's time to get the streets cleaned up. The sweeping program usually takes about 10 weeks and has a separate $1-million budget, Parsons said. This year, though, it's expected to take longer because the harsh winter meant more sand was spread on many back streets.

How bad was this winter?

- In the 2013-14 winter, London had a total of 254 centimetres of snow.
- The average for the last 30 seasons was 195 cm.
- The average for the last five seasons was 192 cm.

Always Changing.
Always Relevant.
Always Fanshawe.

"Helping people successfully navigate change is what we do."

Peter Devlin
President, Fanshawe College

Fanshawe College has been the go-to place for successfully navigating change for almost – 50 years. While our programs have evolved, our commitment to unlocking the potential of students, staff, alumni, businesses and communities has not.

Our promise to educate, engage, empower and excite helps people reach for the stars, and this is reflected in our new identity. Our new symbol, *NorthStar*, exemplifies that pledge.

However you define success, we'll help you find your way forward.

Learn more at www.ourbrandstory.ca

FANSHAWE

Changes made in wake of chemo drug scandal

LHSC. Hospital welcomes further review but is confident problem has been addressed

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London Health Sciences Centre acting president and CEO Murray Glendining said changes have already been implemented to ensure cancer patients never receive improper doses of chemo drugs again.

It was discovered last year that 1,200 cancer patients at hospitals in Ontario and New Brunswick received diluted chemo medication due to improper labels. Many of them — 691 — were patients in London.

Glendining's statement comes on the heels of a non-partisan standing committee's report into the scandal, released this week.

The report places the majority of blame at the feet of Medbuy, the company that brokered the purchase of the drugs, and the drug supplier.

However, LHSC was also criticized.

The standing committee has called for an investigation to be conducted by the Ontario College of Pharmacists into the practices of pharmacists at LHSC and two other hospitals, as well as Medbuy.

While pharmacists at LHSC didn't notice the labeling error, others at a Peterborough hospital did on the first day the drug arrived.

In a statement issued Wednesday, Glendining said LHSC fully supports any reviews conducted to ensure system safeguards are in place to prevent a recurrence of patients receiving improper drugs.

"From a hospital perspective, we have the fullest confidence in our pharmacy and cancer teams," he said. "Everyone's goal in this is to ensure safety and quality and to restore patient confidence in their health system.

"Last year, LHSC implemented process changes to safeguard against any similar incident occurring, and we will continue to support any further reviews that may be conducted surrounding the chemotherapy dosage issue."

A hospital spokesman did not respond to a request for additional comment.

Water-main break on Dundas Street just one of many so far this year

There was a big water-main break on Dundas Street, just east of Highbury Avenue, on Wednesday, and it was far from the first this year. As work crews got busy, the city's division manager of water operations, John Simon, said the cold weather has contributed to a larger-than-normal number of breaks. Since January, there have already been 125, with about 150 being the usual number for a whole year. Lane restrictions on Dundas were expected to continue into Thursday. MIKE DONACHIE/METRO

Ahead of Oct. elections. Multicultural club plans candidate meetings

The London Multicultural Club's board of directors has issued a call to action to all city council candidates.

Leaders of the organization want to meet with all people who have declared their candidacy in the October municipal election as a way of gauging their stances and stressing the importance of the group's goals.

One of the big issues on the table, the club says, is employment for newcomers.

The first in the series of meetings was March 27.

Additional gatherings have been scheduled for April 7 and April 10.

METRO

Calling all supporters

Lace up for women's centre

The London Abused Women's Centre is calling on supporters to lace up their sneakers for the 22nd annual McFarlan Rowlands Downtown 5K Run. It takes place on April 18 and includes a 2.5K run/walk and a kiddie trot. There are prizes for the highest pledges. To find out more visit londonroadraces.ca. METRO

Caught the entrepreneur bug? Well, you'll want to catch this too then

London could be home to the next Canadian tech success story, and there's a film to show folks how that might just happen.

Day Job, a Canadian film that explores the stories of how entrepreneurs turned their dreams into reality, is coming to London for its fifth official screening. It all happens Thursday night at Museum London.

The film will be followed by a panel discussion including members of the production team and a local entrepreneur.

Doors open at 7 p.m. with the one-hour screening starting at 7:30 p.m.

METRO

Fly the flag: Fanshawe College president Peter Devlin with its new logo, called NorthStar. MIKE DONACHIE/METRO

Fanshawe gets makeover for modern world

New brand. President says changed times led to changed image

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Times have changed, Peter Devlin said Wednesday, and Fanshawe College is changing with them.

The college president smiled widely as he launched its new brand, complete with a logo, promise and message to the world.

That message is that Fanshawe can guide its students, present and future, to the best of their potential.

It's taken nine months for the new identity to be put together, with more than 6,000 comments made online and in person.

There were surveys, workshops and individual interviews with staff, students and future students. It's the first rebranding since 1981.

But why do it?

"The world has changed," said Devlin. "The post-secondary environment has changed.

"There's increased competition, changing demographics, and it's important for Fanshawe to be positioned for success tomorrow."

The brand promise is "to educate, engage, empower and excite," he said, and that was the approach during the consultation.

"We've talked a tremendous amount to students of today, and students tomorrow," Devlin added.

The rebranding also includes a slight colour shift to the same red used for the Canadian flag and a new font (Gotham).

There's also use of the single word Fanshawe in most communications and branded materials.

But, legally, it's still called the Fanshawe College of Applied Arts and Technology.

FANSHAWE COLLEGE

The new logo CONTRIBUTED

Rebranded for the future

The logo is NorthStar, "a visual and symbolic link to the star famous for helping generations of travellers find their way," a statement from the college said.

- It's based on the old logo, which was made up of the letter "F" four times, and the star that guides the way for travellers.

Guiding light

"We consider ourselves Canada's pathway champion."

Peter Devlin, Fanshawe College president

Pinchy go home? Lobster in limbo after abandoned

A southern Ontario humane society is trying to decide what to do with a lobster found abandoned in a box early Wednesday in a restaurant parking lot.

Lincoln County Humane Society executive director Kevin Strooband says the St. Catharines restaurant doesn't serve lobster but they suspect the crustacean was likely part of an April Fools' Day prank.

Strooband says they don't often have to deal with saltwater animals, but were able to get some salt water from a supermarket and the lobster is in an aquarium at the humane society.

Strooband says the plan is to send the lobster back to the Maritimes where he probably came from.

The humane society is hoping that once a decision is made, they can find someone willing to take the lobster on a flight to Atlantic Canada and free it in the ocean.

And Strooband says if the person isn't planning to go near the ocean, his sister lives there and will meet the flight to take custody of the lobster.

Strooband said the investigation into where the lobster came from continues.

Claw and disorder

"It appears because yesterday was April Fools' that it is a prank, or was part of a prank, and then once the prank was over it was left."

Lincoln County Humane Society executive director Kevin Strooband, who says the investigation into where the lobster came from continues.

"There's maybe an indication, but it's too early to say," he said. THE CANADIAN PRESS

Minor injuries

Man charged after chain-reaction crash

An elderly man has been charged with careless driving after a crash that caused an estimated $30,000 in damage, Woodstock police said.

The 90-year-old man was driving north on Wilson Street at Main Street on Tuesday evening when he drove through a red light and hit a vehicle travelling east on Hounsfield Street, causing it to flip on its side.

The vehicle then slid into the intersection and hit a third car, police said.

One driver was treated for minor injuries at the scene. METRO

Trafficking, possession charges. Fentanyl, cash seized in St. Thomas bust

A 46-year-old St. Thomas man faces drug charges after police executed a search warrant at an Alma Street address.

After a lengthy investigation, members of the St. Thomas police drug enforcement unit along with patrol officers seized about $1,125 worth of fentanyl patches, four cellphones, $50 of marijuana and a large, undisclosed amount of Canadian currency during the Tuesday raid.

The suspect, whose name was not released, has been charged with trafficking and possession charges. He's being held pending a bail hearing, police said Wednesday.

SCOTT TAYLOR/METRO

Rising danger

Police said the abuse of fentanyl, a pain medication commonly prescribed to cancer patients, is spiking.

- Users smoke, chew or inject it but like many drugs there are serious implications if used improperly.

From left, CIBC employees Laurie Rickard, Dave Goulart and Sandy Desmarais were on hand Tuesday as the bank gave a boost to the Ronald McDonald House of Southwestern Ontario's Hotels with Heart program. SCOTT TAYLOR/METRO

Ronald McDonald House banking on help from CIBC

Hotels with Heart. CIBC gives $10,000 to program allowing families to stay near their sick children at a discounted rate

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CIBC is the first organization to sign on as a partner with Ronald McDonald House of Southwestern Ontario for its new Hotels with Heart program.

The financial institution has donated $10,000 to help ensure that out-of-town families that need to be in London while their children receive medical care always have a place to stay nearby.

Ronald McDonald House serves as a home away from home to 34 families each night.

When the house is full, the new program allows families to stay at local hotels that offer rooms at discounted rates.

Families need only pay the standard $10 they would pay to stay at the house. Those that can't afford it don't have to pay it. Ronald McDonald House pays for the remainder.

Ronald McDonald House director of development Jenne Wason said no one is ever turned away, even though the house is overcapacity 60 to 70 per cent of the time.

"Children heal faster and cope better with their loved ones there, and if their loved ones can't afford to be near them because there's nowhere to stay, and they can't pay for a hotel room, this makes a great difference," she said.

CIBC district vice-president Dave Goulart said CIBC is always excited to support any cause that matters to the community.

"Hotels with Heart is just one example of how we support kids, cures and communities through that process," she said. "It's just something that we needed to be a part of."

At a glance

The Ronald McDonald House house is located at 741 Baseline Rd. E. near Victoria Hospital.

- Each guest bedroom provides accommodation for up to five people.

A realtor will guide you to the right house.
We'll guide you to the right mortgage.

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See that symbol? It means you can scan this image with your Metro News app to see Edward Snowden's TED Talk where he explains how to take back the Internet.

Canadians 'should be outraged' by Wi-Fi spy allegations: MP

Snowden documents. CSEC says it only 'incidentally' intercepts Canadian communications

JOE LOFARO
Metro in Ottawa

Documents leaked by Edward Snowden seem to show the Canadian government was snooping on its citizens at the airport. CONTRIBUTED

If protecting the privacy of Canadians is Communications Security Establishment Canada's "most important principle," why do documents leaked by Edward Snowden appear to indicate the spy agency snooped on Canadian citizens at a Canadian airport?

It's a question that's sparked debate in Parliament and one that NDP digital issues critic Charmaine Borg still struggles with. Borg said Canadians "should be outraged" by allegations published in a January CBC News report which said CSEC spied on Canadians by scooping up metadata from a free Wi-Fi network.

CSEC chief John Forster defended his agency's actions, saying it only "incidentally" intercepts Canadian communications while targeting foreigners.

Metro was denied multiple requests for an interview with Public Safety Canada, the ministry responsible for cybersecurity, and its minster, Steven Blaney.

"Our Government takes cybersecurity seriously and operates on the advice of security experts," wrote Blaney's press secretary, Jason Tamming, in an email, which also mentioned a $245-million investment in the government's Cyber Security Strategy. The strategy was designed to protect public and private sector IT networks and the personal information of Canadians against online threats.

In another email to Metro, Sabrina Meheš, a Public Safety spokesperson, noted Canadian intelligence agencies are subject to "multiple layers of scrutiny."

"CSEC and CSIS, are both subject to independent review," wrote Meheš. "There is also judicial oversight of more intrusive CSIS activities, and Ministerial approval of certain CSEC and CSIS activities."

But Borg and privacy advocates worry about more than just the government. In 2013 Borg tabled a private member's bill to give the federal privacy commissioner powers to hold private firms more accountable. Bill C-475, however, did not pass second reading in January.

As for what Canada is doing to protect the privacy of Canadians from corporations and hackers, Meheš referred Metro to the same Cyber Security Strategy.

Sometimes the law isn't enough. When firms break the law, the privacy commissioner can only make corrective recommendations and hope for the best.

"Here in Canada, all they get is a meager slap on the wrist," said Borg. "If there are repercussions for violating our privacy laws, these organizations will start to treat the privacy of Canadians more seriously."

WITH FILES FROM TORSTAR NEWS SERVICE

Privacy

Why you should care

The question of what law-abiding people have to fear from government spying is likely self evident to anyone who has ever deleted their browsing history, but the question always comes up — why should we care?

In his recent Ted Talk in Vancouver via Skype, Edward Snowden addressed the question head on.

"The first thing is, you're giving up your rights. You're saying hey, you know, I don't think I'm going to need them," Snowden said. "People should be able to buy a book online, they should be able to travel by train, they should be able to buy an airline ticket without wondering about how these events are going to look to an agent of the government, possibly not even your government, years in the future."

No one knows for sure

What's legal? What's not?

We may be starting to slowly understand what our governments are really up to these days after NSA whistleblower Edward Snowden began exposing government spying techniques to the world last summer.

But examining the magnitude of the Canadian government's spying efforts on its own people makes it clear there's still a lot we don't know.

"When you look at the totality of what Snowden has revealed, we find that virtually all our communication, it would seem, is captured in some form," said Michael Geist, Canada research chair in Internet and e-commerce law at the University of Ottawa. "It's pretty scary."

What's scarier is the broad interpretation of Canadian laws that don't seem to protect any of our online data.

'World of secrets'

"We are stuck in this world of secrets and a wilderness of mirrors, not really knowing what is going on or if we should feel comforted or feel deeply troubled or somewhere in between."
Wesley Wark, leading security expert

Sure, there are clear boundaries set for the Canadian Security Intelligence Service (CSIS) and the RCMP, but when it comes to CSEC, the lines begin to blur.

University of Ottawa professor and national security expert Wesley Wark said CSEC has a mandate to collect foreign intelligence for the government of Canada. CSEC doesn't have authority to spy on Canadians, but it's been given what Wark called a "get-out-of-jail-free card" — ministerial approval to "inadvertently collect and retain Canadian communications."

That's apparently what happened with CSEC's large sweep of data at a major Canadian airport.

Some would argue it was a breach of Canadian law, but Wark said CSEC's approval to collect "metadata," which is all the data that surrounds the sending and receiving of communication, including who sent it, who received it, how and when it was sent, creates a loophole.

"That metadata, CSEC says, does not constitute a private communication and therefore it is not protected by the privacy act or any charter rights," he said. "A second argument (is) that they can do metadata even against Canadian communications, in pursuit of foreign intelligence material and that it's not in breach of law."

It's everywhere

"What we do know is that surveillance is truly ubiquitous at this point in time." Michael Geist, University of Ottawa research chair

That means Facebook conversations, private emails and other personal info can be swept up in the government's massive data bank as quick as you can "like" a photo.

Facebook and other social media sites are in the grey area of the law, said Geist, who told Metro as long as you have some privacy settings on your profile, messages between friends should be protected. While CSEC couldn't legally use the private information against you, it is allowed to "inadvertently" collect all our conversations.

Open sites like Twitter could be interpreted differently. Geist said one of his students was recently stopped by U.S. customs because he tweeted a mathematical formula before his travels. He was let go, but the idea of governments watching our every tweet is "shocking," he said.

TREVOR GREENWAY/METRO IN OTTAWA

PARANOID IS SPYING

Here's a glimpse at countries that spy on

Canada

In December 2013, the CBC received documents indicating CSEC Canada set up spy posts in 20 countries at the request of the NSA. The Privacy Act and Personal Information Protection and Electronic Documents Act are meant to protect citizens from government and private-sector spying.

U.S.

The Fourth Amendment of the U.S. Constitution gives anyone the right to not be searched without reason. But in 1978, the government enacted the Foreign Intelligence Surveillance Act, which enables the government to spy on those who may pose a threat to national security. It has been repeatedly amended since 9/11.

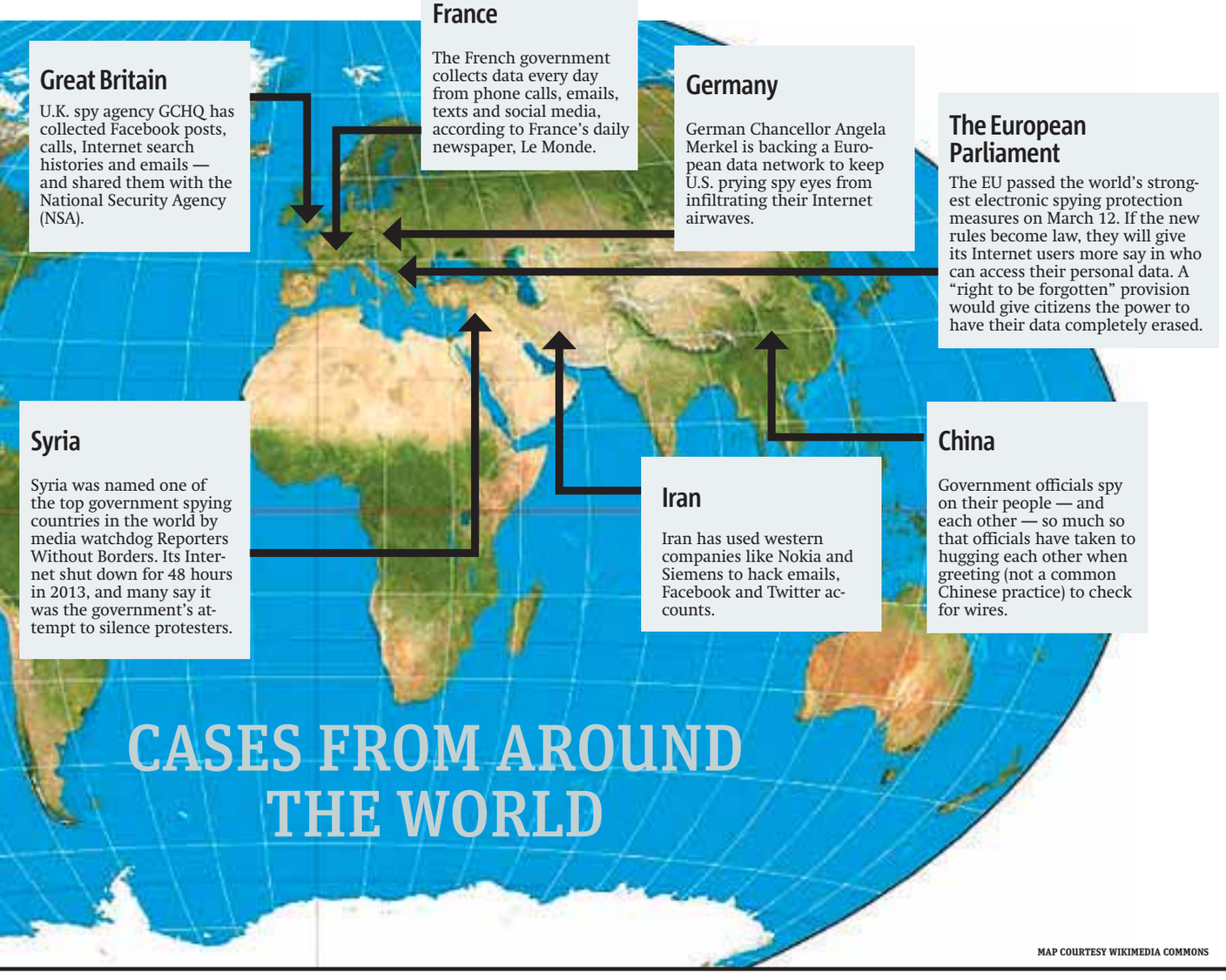
A brief history of Snowden

- **June 5, 2013.** Leaked NSA documents are published in the Guardian revealing a U.S. Foreign Intelligence Surveillance Court order forcing Verizon to give up metadata from millions of Americans' phone calls to the FBI and NSA.
- **June 6, 2013.** PowerPoint slides emerge from the Washington Post and the Guardian detailing the NSA's access to high-tech company servers including Google and Microsoft through its PRISM program.
- **June 8, 2013.** The Guardian publishes more PowerPoint slides detailing how the NSA's

? NAH, THE GOVERNMENT ON YOU (AND EVERYONE ELSE)

their citizens — and each other — plus worldwide laws and rules-in-the-making that protect citizens from spying

COMPILED BY LUCY SCHOLEY
Metro in Ottawa


Great Britain
U.K. spy agency GCHQ has collected Facebook posts, calls, Internet search histories and emails — and shared them with the National Security Agency (NSA).
France
The French government collects data every day from phone calls, emails, texts and social media, according to France's daily newspaper, Le Monde.
Germany
German Chancellor Angela Merkel is backing a European data network to keep U.S. prying spy eyes from infiltrating their Internet airwaves.
The European Parliament
The EU passed the world's strongest electronic spying protection measures on March 12. If the new rules become law, they will give its Internet users more say in who can access their personal data. A "right to be forgotten" provision would give citizens the power to have their data completely erased.
Syria
Syria was named one of the top government spying countries in the world by media watchdog Reporters Without Borders. Its Internet shut down for 48 hours in 2013, and many say it was the government's attempt to silence protesters.
Iran
Iran has used western companies like Nokia and Siemens to hack emails, Facebook and Twitter accounts.
China
Government officials spy on their people — and each other — so much so that officials have taken to hugging each other when greeting (not a common Chinese practice) to check for wires.
CASES FROM AROUND THE WORLD

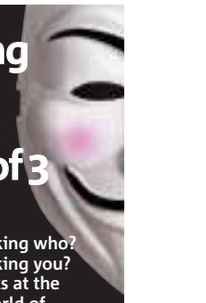
MAP COURTESY WIKIMEDIA COMMONS

tool Boundless Informant gives the spying agency near real-time stats, by country. The paper also revealed the NSA swept up 3 billion pieces of intelligence from U.S. citizens in Feb. 2013 alone.

June 9, 2013. NSA contractor and the man behind the leaks Edward Snowden reveals himself to the Guardian in a Hong Kong hotel.

- **June 16, 2013.** The Guardian publishes a series of articles detailing how the U.S. and the U.K. spied on foreign leaders and diplomats at the G20 summit in 2009.
- **June 23, 2013.** The U.S. revokes Snowden's passport. He ends up in limbo after Ecuador's President Rafael Correa says he was issued travel documents without U.S. approval. Snowden begins to seek asylum elsewhere.
- **June 25, 2013.** After travelling to Moscow, Russian President Vladimir Putin says Snowden is a "free man" at Sheremetyevo airport and says he is allowed to leave the country.
- **October 2013.** Brazil's Globo Television reports NSA leaks show Canada collects metadata about phone calls and emails to and from Brazil's Mines and Energy Ministry.
- **Nov. 27, 2013.** The CBC reports that leaked documents show the NSA conducted widespread surveillance in Canada during 2010 G8 and G20 summits.

Hacking your world: Day 2 of 3



- Who's hacking who? Who's hacking you? Metro looks at the real-life world of virtual break-ins
- Tomorrow: An interview with the interim privacy commissioner, plus more tips to keep you safe

That's apps

Here's what's up-and-coming in apps and software that claim to protect your privacy:

- **Wickr.** This app is like Snapchat, but it claims to not collect user location data. It sends encrypted, self-destructing messages.
- **Telegram Messenger.** According to Verge, this is the "hottest messaging app in the world." Its creators claim the app's encrypted messaging is un-hackable.
- **TextSecure.** This is another encrypted messaging app. However, it also allows users to create encrypted chat groups with others.
- **SpiderOak.** Got photos to store? This app will let you upload encrypted versions to a cloud storage space.
- **Secret Life.** Tailored towards iPhone users, this app secures passwords, photos and contact lists.

Vroom for less. City looks into car-share program

Word is spreading about Community CarShare, and now the city is hoping to climb aboard, too.

The co-op effort to let people use cars at low cost is to launch in London on May 1, starting with a car at the Mary Campbell Housing Co-op downtown on Talbot Street. Leaders of the initiative are also hoping to add municipal parking lots into the mix.

It began in Kitchener, spread across Ontario and will now include three cars in London, with more planned.

A total of 53 people have signed up for a share in the co-op, paying a subscription rate for the right to book cars for as little as 30 minutes for a small fee.

Now, subject to agreement at city hall, the municipality wants to help.

Members of the civic work committee will next week be asked to approve, in principle, six other sites for CarShare cars. In each place, a parking spot could be provided at no cost to the co-op.

The six potential lots:

- Near Banting House (Adelaide and Queens)
- At Tolpuddle Housing Co-Op (Adelaide and King)
- At Oxford and Richmond streets
- At Budweiser Gardens
- At Ridout and Horton
- The lot near the city's parking enforcement office at 824 Dundas St.

There's money involved, too. The same committee will be asked to approve a corporate membership for city business and a $150,000 line of credit for CarShare.

A report to the committee, which meets Monday, also points out that car-share programs are good for the environment and support the city's green strategies.

MIKE DONACHIE/METRO

Report. Shrinking work force, aging population to challenge economy

A new report warns a shrinking work force combined with an aging population will pose challenges for Ontario's economy, which is expected to grow at a slower rate than the national or U.S. average in the next two decades.

Ontario's real Gross Domestic Product will average 2.1 per cent growth between 2014 and 2035, compared with 2.2 per cent nationally, 2.4 per cent in the U.S. and 3.1 per cent globally, according to the long-term economic report released Wednesday by Finance Minister Charles Sousa.

Charles Sousa THE CANADIAN PRESS

The number of seniors in Ontario is expected to nearly double to 4.1 million by 2035, which the report says will increase the demand on public services, especially health care, social services and infrastructure.

It concludes that improving retirement income will be crucial to the economy in the future, supporting the Liberals' plan to introduce an Ontario Pension Plan if Ottawa keeps refusing to enhance the Canada Pension Plan, the province's preferred option.

"For Ontarians without workplace pension plans, the government is committed to developing innovative pension models to promote increased retirement savings,'' says the report.

"The government is also working with employers and employees to enhance the sustainability of defined benefit pension plans."

The Progressive Conservatives said the report is being used by the Liberals to justify their desire to spend billions of dollars more in the upcoming budget and to introduce payroll deductions to support a provincial pension plan.

THE CANADIAN PRESS

It really worked. Graham Henning with his Book Arch sculpture. MIKE DONACHIE/METRO

Well-balanced art on show at library

Book Arch. London artist's precarious creation

MIKE DONACHIE
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It took hours, lots of patience and great care, but artist Graham Henning achieved an intricate task Wednesday.

Head to the Central Library, and you'll see Book Arch. It uses 78 books, mostly about art and architecture, and is held together by nothing more than the laws of physics.

"It's transforming the book, which we generally use for our imagination or as knowledge-based ephemeral things," explained Henning, who lives in London and is a graduate of the Nova Scotia College of Art and Design in Halifax.

His sculpture provides each book with a new "physicality," he said, giving it new form in three dimensions.

But the arch isn't just made of books. In between them, Henning has placed pieces of paper from his studies. They run from elementary school and every one is a genuine test paper, study paper or something of the like.

"They represent the daily activity of putting a note or a place marker in a book and then adding some of my own thoughts to the books that have been written," the artist said.

And yes, the arch really will be left unguarded on the floor of the library. What happens if it falls down?

"That's the challenge," Henning said. "I'll have to rebuild it."

Take a look

- The Book Arch is on the third floor of the Central Library.
- Henning checked out every one of the 78 books using his library card. It meant a special arrangement with the staff because each card can check out only 40 books.
- The sculpture is there for a month, until the books are due to be returned.

Social media a hit for Ward 3 challenger

Figuring it would be a novel and productive way to interact with London residents, Ward 3 challenger Mohamed Salih thought he'd give social media a go.

The results exceeded his expectations, as he revealed Wednesday, halfway through his 12-hour online town hall meeting #MoWants2Know.

Salih dedicated a Facebook page and Twitter hash tag for people who want to share their problems, triumphs and visions of life in London.

And he didn't limit it to the Ward 3 residents currently being represented by Coun. Joe Swan.

Instead, Salih wanted to hear from everyone.

"I'm getting a lot of positive reaction and hearing a lot from the general public," he said. "They've been keeping me busy. I've been doing a lot of re-tweets and replying throughout the day."

He said jobs and snow removal were two of the most common themes people were talking about.

"This is how politics should look," he said.

SCOTT TAYLOR/METRO

A little bird told him

Some tweets for #MoWants2Know

- @KevinJohnKaisar: "Some LTC routes could do with better schedules — it's hard getting to Fanshawe when the 25 and 27 don't run on weekends!"
- @SiennaJae: "We need more inter-cultural events in the city! It's essential to celebrate one another!"

Mohamed Salih METRO FILE

Shooting at U.S. Army's Fort Hood base

Second shooting.
Base was also scene of 2009 incident that left 13 people dead

A senior U.S. defence official says one person is dead and 14 wounded in a shooting at the Army's Fort Hood base in Texas.

The official spoke on condition of anonymity because the official was not authorized to discuss the information publicly.

Fort Hood's Directorate of Emergency Services said it had an initial report that the shooter was dead, but that the report was unconfirmed.

A U.S. law enforcement official said reports circulating within the Justice Department indicate the shooter died of what appears to be a self-inflicted wound. The official spoke on the condition of anonymity because the investigation is still ongoing.

In this Nov., 2009 photo, an entrance is shown to the Fort Hood Army Base in Texas. THE ASSOCIATED PRESS

U.S. President Barack Obama said he was following the situation closely and that the government will get to the bottom of what happened.

He said Wednesday's incident brought back painful memories of the massacre at the Texas Army post. Thirteen people were killed and more than 30 wounded in what was the deadliest attack on a domestic military installation in history.

"We're heartbroken that something like this might've happened again," Obama said at a restaurant in Chicago where he held a fundraiser.

"The folks there have sacrificed so much on behalf of our freedom. Many of the people there have been on multiple tours to Iraq and Afghanistan," Obama said.

"They serve with valour, they serve with distinction and when they're at their home base, they need to feel safe. We don't yet know what happened tonight, but obviously that sense of safety has been broken once again."

After the 2009 shooting, the military tightened security at its bases. Those measures included issuing security personnel long-barrelled weapons, adding an insider-attack scenario to their training, and strengthening ties to local law enforcement.

THE ASSOCIATED PRESS

Langley, B.C.

Man allegedly attacks wife, sets house on fire

Mounties in Langley, B.C., have secured an arrest warrant for a 44-year-old man, after an early morning fire at the home of his estranged wife.

Police have already announced an attempted murder investigation is underway.

But RCMP Cpl. Holly Marks says Andre Richard is also wanted for allegedly breaching a condition that prohibited contact with his estranged wife.

The incident began early Wednesday, when Marks says the man allegedly set fire to the home, entered the woman's bedroom and hit her with a weapon, then attacked the woman's daughter as she tried to intervene.

THE CANADIAN PRESS

St. John's. Class-action suit over moose-vehicle accidents launches

A class-action lawsuit started Wednesday in St. John's, N.L., with emotional testimony from plaintiffs who said moose-vehicle crashes on provincial roads have devastated them.

"I never had time to respond," said Ben Bellows, 57, of a 2003 accident that left him a quadriplegic.

He sat in a wheelchair as he testified in provincial Supreme Court. The case alleges the province has negligently failed to manage the moose population. It involves 135 plaintiffs — including at least 15 estates of those who died — who were involved in accidents dating back to 2001.

The class was limited to injuries that required hospital admission. Plaintiffs are claiming unspecified damages as they seek to prove the province is liable for not doing more to limit risks created after the government introduced moose, a non-native species, to the island of Newfoundland more than a century ago.

Ches Crosbie, the lawyer for the plaintiffs, told court that the provincial government has known for at least 10 years that moose are a highway hazard but did not decide on a specific policy to cut that risk.

About 800 accidents or close calls have been recorded annually in recent years.

THE CANADIAN PRESS

Quoted

"It was so fast."

Ben Bellows describes his accident with a moose on the Trans-Canada Highway, which left him a quadriplegic

Fishermen look for damaged boats to salvage in the port of Iquique, Chile on Wednesday. Authorities discovered surprisingly light damage from a magnitude-8.2 quake that struct in the Pacific Ocean Tuesday evening. LUIS HIDALGO/THE ASSOCIATED PRESS

Big quake in Chile causes little damage

Hard-won expertise and a big dose of luck helped Chile escape its latest magnitude-8.2 earthquake with surprisingly little damage and death.

The country that suffers some of the world's most powerful quakes has strict building codes, mandatory evacuations and emergency preparedness that sets a global example. But Chileans weren't satisfied Wednesday, finding much room for improvement. And experts warn that a "seismic gap" has left northern Chile overdue for a far bigger quake.

Authorities on Wednesday discovered just six reported deaths from the previous night's quake. It's possible that other people were killed in older structures made of adobe in remote communities that weren't immediately accessible, but it's still a very low toll for such a powerful shift in the undersea fault that runs along the length of South America's Pacific coast.

"How much is it luck? How much is it science? How much is it preparedness? It is a combination of all of the above. I think what we just saw here is pure luck. Mostly, it is luck that the tsunami was not bigger and that it hit a fairly isolated area of Chile," said Costas Synolakis, an engineer who directs the Tsunami Research Center at the University of Southern California.

Chile is one of the world's most seismic countries and is particularly prone to tsunamis.

THE ASSOCIATED PRESS

Tuesday's temblor

8.2

Magnitude of the earthquake that hit Chile on Tuesday night

Cheating rises in the land of the rising sun

Japan. Buttoned-up culture gets some lipstick on its collar via adultery website

Noel Biderman, chief executive of Avid Life Media Inc., which operates AshleyMadison.com, poses in Tokyo on Tuesday. The slogan written in Japanese reads: "Life is short. Have an affair." THE ASSOCIATED PRESS

Ashley Madison, the world's biggest online hookup site for married people, works only when monogamy is the rule on the surface but, deep inside, couples want to cheat. That's why it is scoring big in Japan.

The nation that prides itself on conformity and proper appearances reached a million users in eight and a half months, the fastest pace among any of the 37 countries where the adultery site operates. The previous record was Brazil at 10 months. The U.S., which has the biggest number of users at 13 million, took a year to achieve the one million mark. Spain took nearly two years.

Extramarital sex and affairs are not new to Japan, but a site such as Ashley Madison is "a levelling out of the playing field" for women, said Noel Biderman, chief executive of Avid Life Media Inc., which operates AshleyMadison.com. There is a tradition of wealthy men taking mistresses in Japan and its male dominated society has provided plenty of outlets for married men to find casual sex.

The divorce rate in Japan is relatively low at about two cases per 1,000 people versus four cases in the U.S., although sinking marriages rates in Japan also lower the divorce numbers. In the 1960s, divorces were even rarer, with fewer than one per 1,000 people.

THE ASSOCIATED PRESS

For better, for worse?

"The reason people have affairs is that they want to stay married."

Noel Biderman, CEO of Avid Life Media Inc., which operates AshleyMadison.com

There's life in the old dog yet

Phyllis, a Chihuahua-poodle mix, peers out of her owner Steve Greig's backpack. Greig found the 10-year-old dog, who is blind and weak and has lost all her hair to an infection, on Susie's Senior Dogs, a popular Facebook page that tells stories about pooches past their prime that need loving homes. The page, named by founder Erin O'Sullivan after her boyfriend's teenage Chihuahua, has tapped into a wellspring of animal lovers seeking calmer, well-trained dogs or those wanting to care for pets in their twilight years. Shelters will ask O'Sullivan to help place older dogs that aren't as sought-after as puppies. STEVE GREIG/THE ASSOCIATED PRESS

Thank the pension

Public servants still overpaid: Report

Federal employees are still far ahead of their private sector counterparts in terms of total compensation thanks to their pension benefits, says a new C.D. Howe Institute report.

The report compares what is called "fair value" in compensation and finds that the guaranteed pension benefits paid out to retired public servants put them in a class of their own. THE CANADIAN PRESS

Market Minute

DOLLAR 90.62¢ (-0.03¢)

TSX 14,459.11 (+78.56)

OIL $99.62 US (-$0.12)

GOLD $1,290.80 US (+ $10.80)

Natural gas: $4.37 US (+$0.11)
Dow Jones: 16,573.00 (+40.39)

LOSING IS WINNING IN COMEDY

HE SAYS

John Mazerolle
metronews.ca

I recently returned to the site where I died. It's also the place I killed one night. And it's definitely one of the places where I've felt most alive.

It was a comedy club.

I used to go to comedy school, which was just like regular school except for small differences like A) working hard meant going to bars five nights a week and B) students complained about such hardships as a three-hour gap between sketch class and improv class. (I'm not making that up.)

Stand-up comedy was (and is) part of the curriculum, so I was at a Yuk Yuk's to adjudicate students doing their final performances. The stand-up teacher selected me because I met two important criteria: I had the requisite skills to mark a score out of 10 on a piece of paper, and I had a working email address.

Was I any good at stand-up? Of course. Unless you're judging on the narrow criteria of, "Was I funny?" in which case, no, I wasn't good at it.

In two years of stand-up I had exactly one night where everything went just right. If you had stumbled in on that night, you might have imagined I knew what I was doing. Even a stopped clock is right twice a day, and this '80s-raised comic was a VCR clock flashing 12:00 when midnight rolled around.

But beyond that happy coincidence, I usually just survived my seven minutes.

I had two jokes that were adequate …

"I like Stephen Harper. Finally someone who's tough on the arts," and, "Do you know what we call black people back in New Brunswick? We call him Daryl. Because that's his name."

… but it's hard to fill 10 minutes with those, even with an amusing stammer and a bunch of knowing glances. Often I over-rehearsed the set so much I would have failed a Turing test.

Long monologue short, I didn't have a great time doing stand-up. Yet when I was back in the club I realized I missed it.

Watching the students reminded me how comedy can make the usual pecking order irrelevant and reward people who are comfortable with their place in the world, no matter where that is.

This crowd loved the overweight awkward guy who reveled in being the overweight awkward guy, but recoiled instinctively from the "cool" broad-shouldered guy whose set could have been shortened to, "Vaginas and other cultures. Pretty scary, am I right?"

I also remembered how much the performers help each other out, how exciting it can be to look out at a full house, and — this is harder to remember than you'd think — how fun it is to entertain people.

But these thoughts are way too sappy for a column about the cynical world of stand-up.

So, speaking of sappy, let me tell you my can't-fail joke about New Brunswick!

Stop me if you've heard this one.

ZOOM

They look kind of trashy

ARIEL SCHALIT/THE ASSOCIATED PRESS

A thousand people wearing garbage turn up in Israel

The Trash People, an art exhibit of life-size figures made from 20 tons of recycled iron, glass, computer parts, cans and industrial waste, stands on Israel's Hiriya landfill near Tel Aviv on Wednesday. Trash People, by German artist HA Schult, has been travelling for 18 years around the world, with stops in Paris's La Defense, Moscow's Red Square, the Great Wall of China, Egypt's Pyramids in Giza, Piazza del Popolo in Rome, Antarctica and now in Israel until April 26, 2014.

THE ASSOCIATED PRESS

Quoted

"We produce trash, are born from trash, and will turn back into trash."

Famous quote by the artist of the Trash People, HA Schult

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MetroTube

If the suspense doesn't kill you...

ANDREW FIFIELD
metronews.ca

Russia may not be the most popular topic in Ukraine right now, but British adventurer and general wing-nut James Kingston (@JamesLKingston) is keeping the country's pastime of brazenly scaling high structures alive by tackling Kyiv's Moscow Bridge — which, come to think of it, may also be due for a name change in the coming weeks. Of course, this isn't your standard structure-climbing clip. This is a man on an even crazier mission.

YOUTUBE SCREENGRAB

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SCENE 2

WTCHS conjure up serious noise

Record release. New music series Hear There 01 presents Hamilton's WTCHS and EXIT 2012

BACKSTAGE PASS
Mila Petkovic
london@metronews.ca

Hear There is the newest music series in town — a sort of weird cousin to Forest City Gallery's Hear Here event.

The first of the series (presented by London Fuse, Out of Sound Records and Forest City Gallery) goes down Friday, and features an album release by Hamilton-based band WTCHS, as well as a performance by local improv ambient experimental band EXIT 2012.

WTCHS' new record, It's Not A Cross, It's A Curse!, was recorded/mixed by Adam Sturgeon and Nathan Lamb of Out of Sound Records, plus mastered by Timothy Glasgow — all integral members of the London music community.

"We started recording the album in Guelph last summer to an old eight-track half-inch reel-to-reel machine and continued throughout the year with several sessions in our jam space till we were happy with the songs," says WTCHS guitarist/vocalist Jag.

"Adam was fantastic, catering to our every need to make this the best possible record we could within a given time frame. He had lots of great input with production. He's our friend, and working with your friends is the only way to go."

The album art comes from the beautifully disturbed brain of guitarist/vocalist Matthew Junk and was painstakingly silk-screened by Sturgeon onto 200 limited-edition album jackets, now filled with white vinyl records.

The gritty post-punk, shoegaze sound the band conjures hides vocals under layers of distortion until they become just another texture in the sonic landscape.

"We revolve our music around sounds and rhythms. Our lyrical content is either obscure or nonsensical," says Jag.

"I change my lyrics up all the time. I treat them like more of an instrument than being concerned with lyrical content. It's not about that for me. It's just another instrument to express how I feel."

Around town

- **Tunes.** DJ Boyfriend Material is spinning garage punk for Queer and Loathing on Thursday night at The APK (374 Clarence St.). No cover. Details at theapk.ca.
- **On the screen.** A three-day film festival concerning water rights runs Friday to Sunday at Museum London (421 Ridout St. N.). For details, visit londoncouncilofcanadians.blogspot.ca.

Quoted

"We revolve our music around sounds and rhythms. Our lyrical content is either obscure or nonsensical."

Jag, vocalist/guitarist for WTCHS on writing lyrics

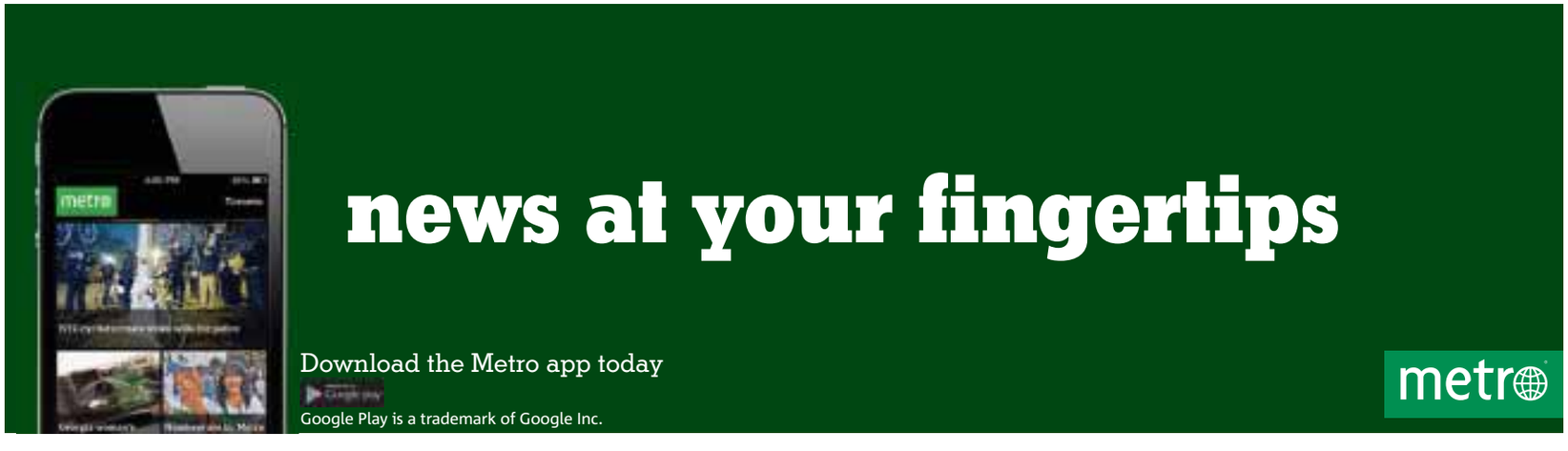
Hamilton-based band WTCHS is releasing its new album Friday as part of the music series Hear. Jag (guitar/vocals), top left, Matthew Junk (guitar/vocals), Dave Mater (bass) and Tori Tizzard (drums). CONTRIBUTED

Besides celebrating the completion of its new album, the band is also happy to be freshly signed to Sonic Unyon, a staple in the Hamilton indie rock scene for more than 20 years.

"We've grown up with Sonic Unyon being in our backyard and shopping at their record store in the early days and just having an admiration of their history within the scene, so it just felt natural to hop on board," says Jag.

The show takes place at London Fuse (402½ Richmond St.) at 8:30 p.m. Cover is $7.

Forest City Gallery (258 Richmond St.) is also hosting an opening reception of its new exhibition Extra Ordinary, curated by Jenna Powell, featuring Matt King, Sam Mogelonsky and Bree Zorel. Check out the opening from 6 to 9 p.m. before catching the Fuse show.



See that symbol? It means you can scan this photo with your Metro News app to see photos from the new season of Game of Thrones

Sophie Turner plays Sansa Stark on the fantasy TV hit, Game of Thrones. GETTY IMAGES

Sophie Turner warns more misery looms for lovely Sansa Stark

'I'm a broken woman.' Loras, Lannisters, and lemon cakes: Demure Sansa has had it tough in the Game of Thrones

ROMINA MCGUINNESS
Metro World News in London

Sophie Turner, who plays Sansa Stark, tells Metro to expect more blood, trauma and lies as the fight for the Iron Throne continues this season.

You're a Lannister now. How does that feel?
Sansa Lannister… great.

Really?
No! It's fun for me because I get to spend more time with Peter (Dinklage), but for Sansa it kind of sucks because these are the people who killed her father.

Do you think the name will have an impact on who she is?
She very much knows who she is. She's seen as being weak and vulnerable but at the end of the day, if she didn't please people, she'd have her head cut off.

Have you read all the books?
I only read my chapters. I flick through the books and mark them down. The third one is a really difficult read. Have you read it?

No...
I don't blame you. The writing is tiny. I'm always Wikipedia-ing it to get a sense of what's going to happen. More misery, that's what's going to happen.

Sansa looks so depressed. Does that not make you sad?
At first I couldn't really master how to cry and draw that emotion, so I just used my personal life. My grandma was really ill at the time and so I started thinking about her, but it just got me really down. And then I realized that you actually have to act and pretend you're in the situation.

So how do you do it now if you can't think of your grandma?
Her story is so sad that every time something shitty happens I feel like crying anyway. I'm a broken woman.

Is Joffrey a good kisser at least?
I guess — he wasn't bad! I was 14 when it happened. It was an innocent peck. I'll let you know when I have a full-blown snog.

Who'd you want that to be with?
There are a lot of fine young men on the show. I think Sansa would like to kiss Loras Tyrell, but he's gay. She wants some affection even if it is gay affection.

Did you know there was a GOT cookbook?
What would people want to cook? Ew.

The lemon cake recipe — Sansa's favourite — is really popular.
I hate them. And last season I was eating lemon cakes in this one scene and we had to do 10 setups. I counted and I ate just over 50 cakes. Mini ones, but I felt so fat and I hate them. So annoying.

Who deserves to sit on the Iron Throne?
Daenerys is desperate for this. Or Jon Snow, he's gone through a lot. Or maybe Sansa because she was supposed to get it in the first place, but turns out Joffrey is a psychopath.

Tune in

Game of Thrones Season 4 premieres Sunday at 9 p.m. ET/MT on HBO Canada

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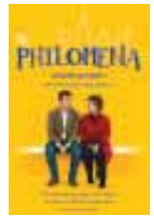

NEW THIS WEEK

Philomena
MARTIN SIXSMITH

Philomena is the tale of a mother and a son whose lives were scarred by the forces of hypocrisy on both sides of the Atlantic and of the secrets they were forced to keep. A compelling story of family secrets, love and loss - now a major film starring Judi Dench.

THIS WEEK		WEEKS ON LIST
1.	Be Careful What You Wish For JEFFREY ARCHER	4
2.	Heaven Is For Real TODD BURPO	5
3.	Uganda Be Kidding Me CHELSEA HANDLER	5
4.	Missing You HARLAN COBEN	3
5.	Shadow Spell NORA ROBERTS	2
6.	Power Play DANIELLE STEEL	4
7.	Wish You Happy Forever JENNY BOWEN	4
8.	The Hotel On Place Vendome TILAR J. MAZZEO	4
9.	Up Up & Away JONAH KERI	2
10.	Philomena MARTIN SIXSMITH	1
11.	Robert Ludlum's The Janson Option PAUL GARRISON	3
12.	Overwhelmed BRIGID SCHULTE	3
13.	Paris EDWARD RUTHERFURD	1
14.	Frog Music EMMA DONOGHUE	2
15.	The Hungry Girl Diet LISA LILLIEN	1
16.	NYPD Red 2 JAMES PATTERSON	1
17.	Exodus DEBORAH FELDMAN	2
18.	Listen To The Squawking Chicken ELAINE LUI	1
19.	Whiskey Beach NORA ROBERTS	1
20.	Million Dollar Arm J. B. BERNSTEIN	1

COMBINED FICTION AND NON-FICTION BESTSELLERS FOR THE WEEK, ENDING APRIL 7TH

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Lindsay Lohan. ALL PHOTOS: GETTY IMAGES

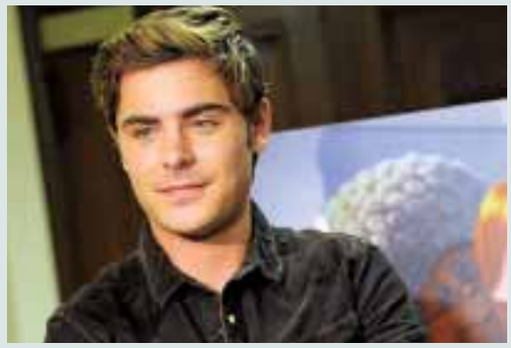
Living la vida Lohan: Lindsay blows through Oprah payday in a year

Despite Lindsay Lohan's impressive $2-million US payday for her Oprah Winfrey-produced reality series, the troubled starlet is reportedly flat broke again. "Only Lindsay could get paid such a large paycheque and once again be in dire financial straits," a source tells Radar Online. "After Lindsay's manager, agent, publicist (and taxes) were paid, she was left with $750,000." Which for most people would be great, but Lohan is not most people. "This was last year, and Lindsay has never been able to save any money in her life," the source explains, adding that Lohan "blows through money faster than she earns it." Evidence of her money woes seemed to pop up over the weekend when two of Lohan's credit cards were reportedly declined when she attempted to pay for $300 worth of merchandise at a Soho boutique, according to Page Six. "She looked really embarrassed and tried to negotiate before her friend finally stepped in and paid," a source says.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Somebody needs to stage an intervention for Zac Efron

MELINDA TAUB
Metro World News in New York

Zac Efron needs help super fast before we all relive what happened to Cory Monteith. Last November, Efron allegedly "slipped on a puddle of water" which was "in his home" and broke his jaw so badly it had to be wired shut.

Shady as hell? Yes. And now an insider has told In Touch what we've assumed all along: That he hurt himself doing the bad stuff. "He does drugs alone," the inside source exclusively tells the mag. "It's sad."

A second insider tells In Touch. "He needs to get help before it's too late."

The time is ticking down to "too late." As we reported last week, Efron had another shady-as-hell altercation recently with his "bodyguard" and some homeless men after Efron's car "ran out of gas" near Skid Row in Los Angeles.

For some reason, Efron "threw a bottle out of the car," which scared some homeless people milling around. Tensions between the group and Efron's camp escalated, with the High School Musical star reportedly taking a punch to the mouth. Right. That sounds exactly like something that would happen to anybody anywhere and not a drug deal gone bad. Exactly.

Twitter

@WhitneyCummings
You had me at "polyamorous"

@MichaelChiklis
Now a volcano has just erupted in Peru? WTF is going on here?

@MarkDuplass
I wonder what Star Wars would have been like with Bill Murray as Han Solo.

Kaley Cuoco-Sweeting

Loving Superman came with a price for Big Bang star

Watch what you say about Big Bang Theory star Kaley Cuoco-Sweeting online, because she's probably reading it. "I'm obsessed. I openly admit to being totally insane about that," she tells Cosmopolitan magazine about checking up on what people write about her online. "I started reading (the comments) and thought, 'Maybe I need to make more of an effort and not go out in my UGGs and be disgusting.' So I started putting on makeup, and they started writing, 'Wow, someone really likes being in front of the camera' and, 'Her hair's done now for coffee.' I couldn't do anything right." The recently married actress admits, though, that she's had a lot more material through which to browse since she briefly dated Man of Steel star Henry Cavill last year. "I had no one following me until I met Superman," she says. "I've been in this business for 20 years, and my whole life I could go anywhere, do anything. There had not been on paparazzi photo of me until, like, several months ago."

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DIY PROJECTS CAN BUILD UP SAVINGS

Being environmentally conscious is also going to put money in your pocket.

Yes, you can significantly reduce your carbon footprint if you have an efficient home and use cleaner products. And with the increasing cost of energy, there are also significant savings to be had by reducing your use of utilities. Here are some eco improvements that will save you a bundle and put you on Mother Nature's "good" list:

LIGHTPOET/SHUTTERSTOCK

ERNEST R. PRIM/SHUTTERSTOCK

INSULATION: If your house is older, chances are the insulation doesn't meet the new requirements. An improperly insulated attic is a primary source of energy loss and results in your furnace and air conditioning units working harder than necessary. By topping up the existing attic insulation you can significantly reduce the amount of energy loss.

WINDOWS: It's usually obvious when it's time for new windows and the related technology today is far superior to anything that is more than 20 years old. If you want to reap all the benefits of new windows, be sure to tell the installer taking the measurements that you want them to be "brick to brick," not "inserts." Inserts leave you with smaller windows placed into the old, inefficient jambs.

HOUSE APPLIANCES: Replacing your furnace, hot water tank, and air conditioning unit with highly efficient models is usually a good start when reducing the energy consumption of your home.

QUICK WEEKEND PROJECTS: There are a few quick, simple and cheap improvements that you can tackle on your own. Here is a quick eco-list: Caulk around windows; add weather stripping to door gaps; install low-flow shower heads; put aerators on faucets; switch to compact florescent bulbs; change your furnace filter; set up a programmable thermostat.

Scott McGillivray is a full-time real estate investor, contractor, television host, writer, and educator.
– News Canada

CUT POOL, SPA OPERATING COSTS

Rising fuel costs and greater restrictions on water usage can make running pool and spa equipment more expensive these days, but the pool and spa industry has come up with a number of technological innovations to help you save energy, increase efficiency and cut operating costs.

Many pool and spa pumps, for example, now use more energy-efficient motors that operate at variable speeds for greater efficiency.

Pool heaters have also gone "green." Special gas heater models called "Low NOx" release lower amounts of nitrogen oxide emissions into the air, which have been linked to smog and acid rain.

Cartridge filters have been redesigned to allow pool and spa owners to use smaller pumps or variable-speed pump speeds to minimize energy use.

Close to half of heat losses from pools come off the surface. Cutting off the surface area by deploying solar covers/blankets on pools can lower costs of heating, filtration and chemical sanitization by almost half. *– News Canada*

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LIFE 3

PLUS HOMES

See that symbol? It means you can scan this photo with your Metro News app to see a gallery of some of Lily Cole's modeling work over the last few years.

Modelling the (im)possible ideal

Lily of the virtue. Impossible.com is the online gift economy that encourages people to give and receive for nothing more than a thank you. Model Lily Cole's social mission shows why the best things in life come for free.

RICHARD PECKETT
Metro World News

"The whole point of Impossible is about value, not money," says Lily Cole, seen here with Vivienne Westwood.
CONTRIBUTED

"I'm going to start calling it possible, it sounds so much better," chuckles Lily Cole on her gift economy website and app Impossible.com. In a capitalist culture where cash and consumerism are king, the doll-faced model's objective of a gift exchange seems like the romantic notion of a naïve and innocent idealist. However, with the backing of Kwame Ferreira (founder of global innovation company Kwamecorp), Wikipedia founder Jimmy Wales and inventor of the World Wide Web Tim Berners-Lee, it's far from just being a concept that should be left percolating amongst the beanbags of a blue-sky think tank. It's a platform for humanism and altruism where wishes are posted and granted by like-minded individuals. The only currency is generosity and gratitude. The former Vogue cover girl, who graduated with a double first class in history of art from Cambridge in 2011, doesn't intend to take a salary from the social network, explaining, "This is my gift that I want to live outside of me."

Did you create Impossible.com in response to the recession?
It wasn't a specific reaction to that. But the conversation back in 2010 that coined the idea with a friend [Kate Tomlinson], who now works on the project, was in relation to the recession and more philosophically about why it is that when there is any recession, society is paralyzed as a consequence of economic paralysis. Because if you think about it, everyone has skills, time, resources, there is no intuitive reason why society couldn't continue to organize itself. We've become almost slaves to the structure we created, forgetting that we created it [laughs].

Do you believe that humans are innately good?
Yeah, I do and people have proven me right so far…

Are you trying to celebrate positive human actions?
There's definitely a celebration element to it. I was interested in the analogy between current ideas of online social reputation that most social networks like eBay and [taxi firm] Uber have with classical gift economies: the idea of social reputation being a big part of the equation. I'm not shy of that and I think that's a great thing when we celebrate each other's generosity. That said, it's not the principle motivator. If anything, it's a kind of currency of sorts to try and encourage the principle reason for the platform, which is the actual actions.

Why are you steering clear of a rating system?
I think it works very well with transactional relationships. But what we're trying to do is so non-transactional and I just felt that a rating system would dehumanize it.

What's the most altruistic action you've performed?
I'm not a perfectly altruistic person at all. What I try to do is grow as a human. If I'm not kind, or do something wrong, I check myself. It's the intention to work on myself continually.

Have you personally helped anyone on the site?
I've helped quite a few people. The one that I enjoyed most was with a boy who wanted to practise his English. I noticed that he was in Manchester, a place where I was soon visiting, so I said I could meet him in person rather than over the phone. Then I saw that on one of his other wishes he'd wished that someone would help the homeless guy on the end of his street. We had a chat in English about this guy and I ended up getting a tent for the homeless man. I feel a bit self-conscious saying this, but the situation was quite magical — it went round in a nice big circle.

Do you stay in touch with the people that you help or is it very much one action and then move on?
I've met quite a few that I've stayed in touch with. A big part of the gift economy is that when someone does something for you for free, a subtle relationship is made. I can feel a community growing around me.

You've been the face of many fashion brands. Did you have concerns about what you were endorsing?
Yeah, that's why I've taken a different path. I started in fashion when I was 14, and it gave me so many options than I'd ever had before, but I was always a little conflicted about it. I was always questioning how consumeristic our society can be and how advertising works. I was looking at all these paradigms and feeling very much a big part of this machine.

Are you greatly concerned about the ethical side of consumerism?
It worries me on a macro scale because we never really know the stories behind products. Take this bag, I have no idea what this came from, how the animal was treated or who sewed it up and what the dye did to the environment. I would love to see transparency across the board.

Model by the numbers

14 The age that she was first scouted and later signed to Storm Models.

16 She became the youngest model to appear on a Vogue cover.

12 million is the estimated net worth of the model.

6 is the number of titles that she holds, including model, actress, environmentalist, activist, entrepreneur and CEO. But she prefers human.

22 is the number of charities that she supports such as Sky Rainforest Rescue, Elton John AIDS Foundation and Greenpeace.

Hotel suite home

Inspired by your travel accommodations?
Recreate that deluxe comfort at home

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

I'm a big believer that ideas and inspiration are everywhere, and if your mind is attuned, you'll always be inspired. Take, for example, my latest visit to Vancouver, where I enjoyed a short stay at the newly-refurbished OPUS Hotel, a home-away-from-home for those who love colour, design and style. Located in the very chic area of Yaletown, the hotel is surrounded by decor shops, restaurants and lounges.

This boutique hotel has a variety of decor-themed rooms that allow guests to experience anything from bad-boy funk to glam-star luxury. My favourite room was painted a juicy orange which brightened my day in contrast to the hazy grey spring weather that Vancouver presented outside.

If you're itching for some colour inspiration, then the OPUS hotel will truly inspire. Like the look? I've shopped for a few on-trend decor items to help get the look at home.

Extras that feel almost as good as room service

Turn your bedroom into an oasis with all the comforts of a chic hotel room:

- Add a small-scale loveseat or chair if space allows. Mid-century modern furnishings tend to work well as they are smaller in scale.
- Include your very own single-serve brew system for those early mornings when you just can't face your roommates.
- Add double-duty furnishings like console tables, ottomans and beds that offer storage in small spaces.
- Get yourself a small fridge; there's nothing better than your own bottled water and snack station.

A glamour OPUS worth imitating

Instant sunshine prevails with orange walls, funky pop-art and versatile, multi-use furnishings in the inspiring OPUS king room.

Add a burst of sunshine

Perfect as a focal wall behind a bed or to paint the inside of your closet. Orange Burst 2015-20, Benjamin-Moore.ca

Bring versatility to the table

Versatile as a dressing table, desk or elongated night stand, a console table can be used anywhere in the home. Lack console, $60, Ikea.ca

Throw down some colour

The simplest way to add your favourite trend colour to a room is with throw pillows. Delano Striped Toss Cushion, $26, UrbanBarn.com

Bada-boom bada-baboonery

Be as bold with your art as you are with your wall colours. Baboon print, $170, CB2.com

Let a little light shine

Classic modern shapes in neutral colours means loving your accessories long after you are done with your decor scheme. Merrie Table Lamp, $275, CrateAndBarrel.com

ALL PHOTOS CONTRIBUTED

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HEALTHY, HAPPY SMILES

XIXINXING/SHUTTERSTOCK

April is Oral Health Month and a great time to think more about taking better care of teeth and gums.

"A smile is like a window to your body," says Dr. Travis Stork, a practising board-certified emergency medicine physician and an Emmy-nominated national television host. "As a doctor, I know that a healthy mouth is part of a healthy body."

Poor oral hygiene can cause bad breath and stained teeth, but it may also lead to gingivitis, an inflammation of the gums. Left untreated, gingivitis can cause more serious gum disease and even loss of teeth. At the same time, healthy teeth and gums make it easy for you to eat well and enjoy good food. And the health of your teeth can affect your self-image, too.

"I believe that good health comes with a healthy lifestyle, which includes staying active, eating healthy and taking care of oral health," Stork says.

Here are ways to keep teeth and gums healthy:

1 Reduce the amount of sugar in your diet — sugar is one of the main causes of dental problems. "I advise people to enjoy the natural sweetness of fruits and to cut out as much refined sugars as possible, like pop," Stork says.

2 Take time to brush, floss and rinse every single day. A good oral care routine, Stork says, includes brushing with an electric toothbrush for two minutes twice a day, flossing, and rinsing with an anti-septic mouthwash.

3 Use Crest Pro-Health Clinical toothpaste, Stork says. "It has been proven to help prevent and even reverse gingivitis and early stages of gum disease." It fights cavities, tartar, and plaque, whitens teeth, and helps freshen breath.

4 Visit the dentist twice a year (and your doctor once a year) for routine checkups. Besides having teeth cleaned, regular checkups can help uncover issues earlier when they are easier to treat.

5 Keep in mind that certain health conditions may require special care. For example, having diabetes or being pregnant increases the risk of gingivitis. Floss and brush regularly, and use Crest Pro-Health to help prevent and reverse gingivitis, Stork says. Speak to your dentist for more information.

6 Be a good role model to children. Just as being active together as a family is important, so is finding ways to teach children to make regular brushing and flossing a habit, too.

7 Avoid all tobacco products.

WAVEBREAKMEDIA/SHUTTERSTOCK

MAKE ORAL HEALTH A PRIORITY

Are you happy with your smile?

If you aren't it might be a good idea to start using a whitening toothpaste when you brush your teeth.

According to the Crest and Oral-B 2014 Great Canadian Smile Survey, 93 per cent of Canadian adults feel that having a white smile can impact the way other people perceive them and that can definitely affect the way you feel about yourself.

The survey revealed many other interesting insights into the oral hygiene habits and attitudes of Canadians.

For example, while eight in 10 Canadians say their dentist has recommended brushing, flossing and rinsing with mouthwash regularly, less than half — just 44 per cent — actually do it regularly. In fact, just three in 10 Canadians say they floss at least once a day.

What's also interesting is that Canadians might take better care of their teeth and gums if their doctor made it a priority. While three-quarters of Canadian adults trust the information their dentist provides regarding the impact oral care has on their overall health, half say that if their family doctor talked to them about their oral care they would take it more seriously.

In general, the majority of Canadians say oral health is an important part of their overall health. The survey showed almost two-thirds of Canadian adults say they have taken specific steps to improve their daily oral care routine in the last five years.

Furthermore, Canadian parents are also teaching their children that regular brushing is important. Seven in 10 parents with children younger than 12 have incorporated brushing for two full minutes twice a day as part of their child's daily oral care routine.

But only half take their children for regular checkups, one-third began flossing early in the child's life, and one-quarter have taught their child to rinse daily.

I WANT

A HEALTHY-LOOKING SMILE

SO I LOOK AS GOOD AS I FEEL

My smile is something I want to share for years to come. To help keep it healthy, I stick to my Pro-Health routine. And, as a result, I always get to show off my healthy smile.

1 FLOSS 2 BRUSH 3 RINSE

MY **PRO-HEALTH**™ ROUTINE

Crest® Pro-Health™ Multi Protection rinse helps prevent and reduce plaque and gingivitis. Crest® Pro-Health™ toothpaste fights cavities, plaque, tartar, gingivitis and tooth sensitivity. To ensure this product is right for you, always read and follow the label. ©2014 P&G

ORAL-16266

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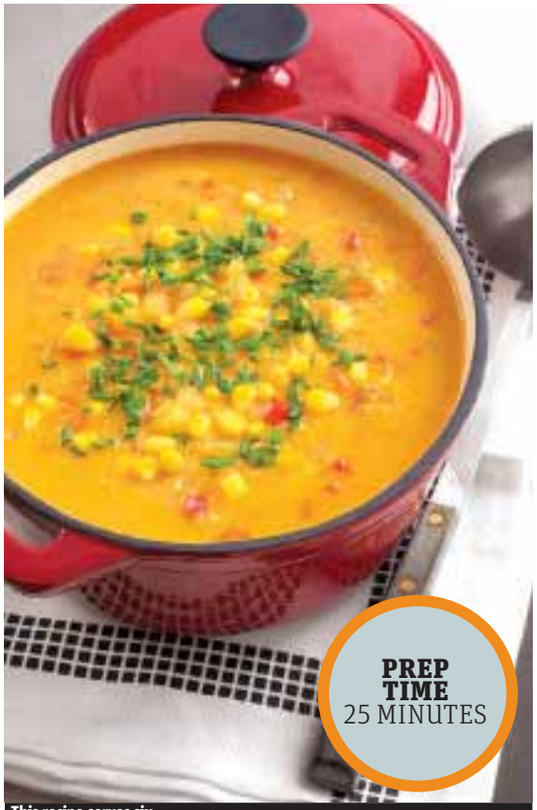
A rousing ode to soup slurping



This recipe serves six. PHOTOS © MIKE MCCOLL. PUBLISHED BY HARPERCOLLINS CANADA. ALL RIGHTS RESERVED.

Corn Chowder. This classic recipe replaces fatty ingredients and weighs in at 187 calories compared to the typical 533

"In this recipe, I replace the usual excessive amount of butter, bacon and cream with a respectable amount of olive oil, 1% milk and smoked paprika for smoky flavour without any calories," writes Jo Lusted in her book Dish Do-Over. "I also load this soup with veggies, making this a nutrient-dense version of the classic."

1. In a blender, purée 1 cup corn kernels and 1 cup each stock and milk until smooth. Set aside.

2. In a medium saucepan, heat oil over medium heat. Add onion, carrot, celery, garlic and thyme and cook, stirring frequently, until softened, about 6 minutes. Add paprika and flour and cook, stirring constantly, until fragrant, about 1 minute. Add potato, bay leaf and remaining 3 cups stock, increase heat to high and bring to a boil. Reduce heat to medium and simmer for 10 minutes or until potatoes are tender when pierced with a knife. [Make-ahead: Soup can be prepared to this point up to 48 hours in advance, covered and refrigerated. Warm soup over medium heat before proceeding with recipe.]

3. Stir in prepared corn purée, remaining 2 cups corn kernels and bell pepper and bring to a gentle simmer, about 5 minutes. Remove from heat, discard bay leaf and season with lemon juice, hot sauce, salt and pepper. Ladle into serving bowls and sprinkle with chives.

RECIPES FROM DISH DO-OVER © 2014 BY JO LUSTED (COLLINS, 2014).

Ingredients

- 3 cups fresh corn kernels
- 4 cups low-sodium chicken stock
- 1 cup 1% milk or unsweetened plain almond milk
- 1 tbsp olive oil
- 1 yellow onion, diced
- 1 carrot, peeled and diced
- 1 celery rib, diced
- 2 garlic cloves
- 2 tsp chopped fresh thyme
- 1 tsp smoked paprika
- 1/4 cup brown rice flour
- 1 medium potato, diced
- 1 bay leaf
- 1 red bell pepper, diced
- 1 tbsp fresh lemon juice
- Hot sauce
- Sea salt and freshly ground
- Black pepper
- 2 tbsp chopped fresh flat-leaf parsley or chives

Cookbook of the Week

Slim down your faves; keep flavour

Depriving yourself of your favourite foods or going to an extreme you can't maintain are two reasons diets fail. Chef Jo Lusted offers a solution to diet failures with her new book Dish Do-Over, in which she transforms so-called "guilty pleasures." Lusted's approach makes smart ingredient swaps and includes a "before and after" nutritional count. Among the recipes in the book are: Pizza Burgers, Shepherd's Pie, Poutine, Whoopie Pies and more. **METRO**

New

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The Prostate Cancer Information Service is provided by Prostate Cancer Canada in partnership with the Canadian Cancer Society.

Canadian Cancer Society Société canadienne du cancer

3-Cheese Garlic Bread

This recipe serves eight.

1. Preheat oven to 400 F. Line baking sheet with parchment. Slice baguette in half crosswise and in half lengthwise.

2. In saucepan or non-stick skillet, melt butter over medium heat. Add garlic and cook, stirring constantly, until fragrant, about 2 minutes. Transfer to a large bowl and allow to cool to room temperature. Stir in green onions, cheddar, mozzarella, yogurt, Parmesan, Italian herbs and cayenne. Season with salt and pepper.

3. Spread mix evenly over cut sides of bread and place on prepared baking sheet. Bake for 15 minutes, until cheese is golden brown and bubbling and edges of bread are golden brown.

Ingredients

- 1 whole wheat baguette
- 3 tbsp unsalted butter
- 4 garlic cloves, minced
- 2 green onions, minced
- 3/4 cup shredded low-fat aged cheddar cheese
- 3/4 cup shredded low-fat mozzarella cheese
- 1/3 cup non-fat plain Greek yogurt
- 1/4 cup freshly grated Parmesan cheese
- 1/2 tsp Italian herb seasoning
- 1/4 tsp cayenne pepper
- Sea salt and freshly ground
- Black pepper

For your phone

Cocktails by ItalianYummy (iPhone; free)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

There are more than 400 cocktails in this cleverly organized guide that uses delightful graphics for step-by-step instructions. Shake your phone like a martini and you'll get a surprise drink.

GM report card

Brown gives his team an A on court, A+ off court

While the London Lightning fell short of winning a third consecutive National Basketball League title, the season can still be considered a success on and off the court, said the team's general manager and its coach.

GM Taylor Brown graded the past season, in which the team came within a game of going to the finals, a solid A.

"It was a good season, I think it was an A season," he said. "Off the court, we made huge strides as a franchise in the community, which has been our goal from Day 1."

Brown said players visited more than 50 schools — about 20 more than the year before.

"Each year, we want to continue to grow that and mentor (all) year. Definitely an A+ off the court," he said.

"Our guys worked extremely hard, and we appreciate them all for doing that."

On the court, Brown said the team had to deal with too many personnel changes during the season that saw them lose Tuesday to the Windsor Express in Game 7 of the semifinals.

Suspensions for team rule violations, players leaving for overseas teams and one or two team members upset over a lack of playing time kept the revolving door to the locker-room spinning.

SCOTT TAYLOR/METRO

Lightning face foggy future after semis exit

NBL Canada. London coach confident about return as GM looks to 'change a few things'

SCOTT TAYLOR
scott.taylor@metronews.ca

Less than a day out from their semifinal elimination, everything is up in the air for the London Lightning.

"We haven't even had a chance to sit down and have a breather and figure everything out," general manager Taylor Brown said Wednesday after losing 110-95 to the Windsor Express the night before.

Those discussions will include if coach Micheal Ray Richardson, who has one more year left on a three-year contract, will return.

"We're going to talk to some of the players. (Richardson's) played the game at the top level, and sometimes he lets his emotions go," Brown said. "He likes to win, but we want to change a few things next year."

In particular, Brown said, that means the addition of assistant coaches and a trainer.

Brown said he'd also have to talk to owner Vito Frijia before making a firm decision on Richardson.

Richardson, meanwhile, said he wants to come back and was surprised to hear his return hasn't already been rubberstamped.

Still, he's confident he'll be back at the helm next season.

"I think I did a great job," Richardson said. "Any time that you can have a winning season in professional basketball, through all the changes and everything.... We had to trade players and get players in. For us to reach Game 7 in the semifinals, I think it was an unbelievable season."

The addition of assistant coaches would allow him to focus more on his head coaching duties, he added.

"I was doing everything, and I can't do everything," he said.

Brown, meanwhile, couldn't guarantee his own return, though he said it seems likely he'll be back.

"I'm going on vacation for about a month," he said with a laugh. "And then I'll be thinking about a lot of things, (regarding family) and stuff like that."

Lightning coach Micheal Ray Richardson says he would welcome a return to London for the 2014-15 season.
MARK SPOWART/FOR METRO

Loyal to the owner

"I've been in this from the start with Vito, and I've told him I'll be around for as long as he needs me."
Lightning GM Taylor Brown

Prolific partnership

How the Lightning have fared in three seasons under general manager Taylor Brown and coach Micheal Ray Richardson:

- **2011-12:** 28-8 record; won league championship
- **2012-13:** 33-7 record; won league championship
- **2013-14:** 29-23 record; lost in semifinals

Kinsler, replay lift Tigers past Royals

Ian Kinsler of the Tigers celebrates his 10th-inning game-winning RBI single with first base coach Omar Vizquel on Tuesday in Detroit. GETTY IMAGES

With the Detroit Tigers in a jam after a close play at first base, Brad Ausmus calmly made his way onto the field.

No histrionics from the rookie manager — not in this situation at least. All he had to do was challenge the call and wait.

"It's almost awkward when you go out there," Ausmus said. "Normally the manager would go out there to scream and yell, but it doesn't make sense to go out there and scream and yell if they know you have a challenge ..."

On Wednesday

2	1
Tigers	Royals

Baseball's new instant replay system was popular at Comerica Park on Wednesday, when two calls at first base were overturned in Detroit's favour. The second reversal ended a Kansas City rally in the 10th, and the Tigers eventually won 2-1 on Ian Kinsler's single in the bottom of the inning.

Kinsler also hit a solo homer in the fourth, helping Detroit win despite a blown save by new closer Joe Nathan. Max Scherzer pitched eight scoreless innings for the Tigers.

"All I kept thinking about was picking up Max. He was so good all game and you don't want to waste that kind of performance," said Kinsler.

THE ASSOCIATED PRESS

Shewfelt springs into Hall of Fame

Canadian Olympians. Calgarian among athletes, coaches, builders to be honoured in June

Kyle Shewfelt's Olympic gold medal in gymnastics shines bright a decade later because it is the first and only of its kind in Canada.

Unlike the Olympic champion who has a teammate or hero to follow or emulate, Shewfelt blazed his own trail to win the floor routine in 2004. He is the only Canadian to win an Olympic medal of any colour in gymnastics.

The Calgarian is among the athletes, builders and coaches who will be inducted into the Canadian Olympic Hall of Fame in June.

He'll join speedskater Cindy Klassen, the victorious men's eight rowing team of 2008, speedskating coach Marcel Lacroix, hockey coach Pat Quinn and the late, former Alberta premier Ralph Klein among the 2014 inductees.

Gymnast Kyle Shewfelt won a gold medal in the floor routine at the 2004 Summer Olympics. GETTY IMAGES FILE

Sports journalist Richard Garneau, who covered 23 Olympic Games, will receive the Canadian Olympic Order posthumously.

While Shewfelt agrees no Canadian beat a path to the podium for him, he didn't feel isolated in his quest.

"Why did it happen for me? I wasn't by myself," Shewfelt said. "I had tons of supporters, amazing teammates, my national federation was so supportive of the dream. They sent me around the world when I was 17 to get that experience. I just never wavered in my belief that it was possible.

"For myself, I wanted to take it to the next level and I guess it took a lot of courage for myself to do that, but it was something I was willing to risk. I knew as an athlete that when I ended by career, I wanted to look back and have no regrets. I had to chase the biggest dream possible."

THE CANADIAN PRESS

Thursday's Metro AR poll

DOUG PENSINGER/GETTY IMAGES

Hayley Wickenheiser revealed on Tuesday she has had a broken foot for the past year. That includes the time in which she led Team Canada to a gold medal at the Sochi Games. Scan the image above using your Metro News app to vote on the most courageous "playing hurt" moment in sports history.

Metro AR poll results

34% Metro News readers voted hockey player Mike Fisher and country singer Carrie Underwood the hottest couple in sports. Also shown love in the poll were the following twosomes:

24% Dustin Johnson and Paulina Gretzky

18% Cristiano Ronaldo and Irina Shayk

12% Dion Phaneuf and Elisha Cuthbert

6% Dwyane Wade and Gabrielle Union

6% Justin Verlander and Kate Upton

Mike Fisher and Carrie Underwood GETTY IMAGES FILE

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WORKOPOLIS

"Number one job site" based on six-month average online job postings for period ending February 28, 2014. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2014 Workopolis.

Horoscopes

♈ Aries
March 21 - April 20
See to it that you are rewarded for your efforts, especially on the work front where others may try to give you less than you deserve. You don't have to be aggressive but make sure you get what you are worth.

♉ Taurus
April 21 - May 21
The planets will make it easy for you to complete a task that needs to be out of the way right away. If you focus all your energy in one direction today, there is no telling what you might accomplish.

♊ Gemini
May 22 - June 21
Call it as you see it and don't worry about the reaction. Not everyone will be pleased that you're so open about the issues but it's their fault for backing ideas that are easily disproved.

♋ Cancer
June 22 - July 23
Try not to get angry with those who can't make up their minds as quickly as you. If you want to get things done, you will either have to go it alone or make alliances with those who share your hunger for success.

♌ Leo
July 24 - Aug. 23
You seem to be working harder than ever but are you working for yourself or others? That's the question you most need to ask today and if the answer is the latter you will need to make changes.

♍ Virgo
Aug. 24 - Sept. 23
If there is someone you would like to know better, let them see you are interested. If you make the right sort of move now, it could be the start of a beautiful friendship (or more).

♎ Libra
Sept. 24 - Oct. 23
Give partners and loved ones your support today, even if you have good reason to criticize. Whatever they may have done and however much it may have affected you, it was an honest mistake.

♏ Scorpio
Oct. 24 - Nov. 22
A relationship that has gone through some difficult times can be repaired but first you must ask yourself if that is what you truly desire. The Sun at odds with your ruler Pluto suggests you may be thinking of ending it once and for all.

♐ Sagittarius
Nov. 23 - Dec. 21
A new business venture can be a success but to make it work you will need to give everything to it. Is it worth the time and energy? Only you can decide. Just do it soon.

♑ Capricorn
Dec. 22 - Jan. 20
If you believe in yourself and work diligently towards a well defined goal there is no reason why your name should not be up in lights — and your bank balance blessed by a large input of cash.

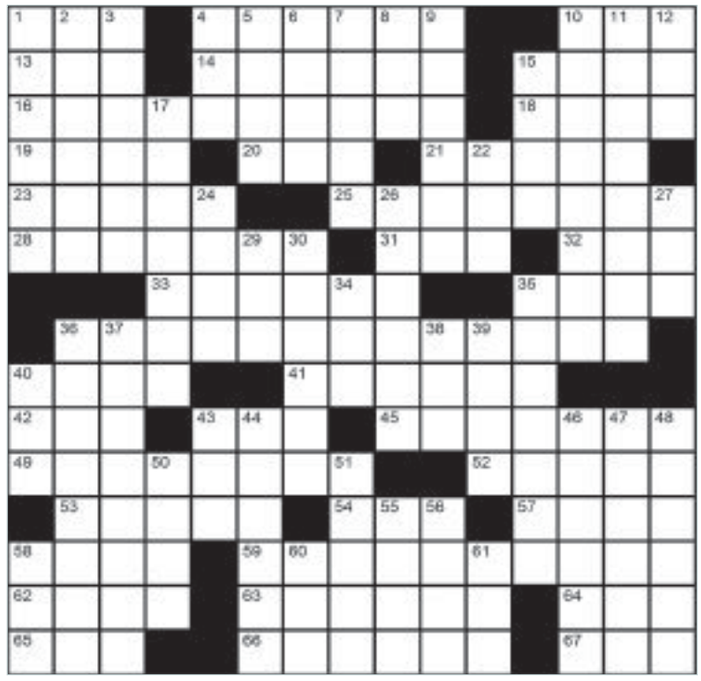
♒ Aquarius
Jan. 21 - Feb. 19
The Sun at odds with power planet Pluto today warns you must resist the temptation to go to extremes. If you overstep the mark at home or work you could end up paying a price.

♓ Pisces
Feb. 20 - March 20
If you want something today there is a chance someone will give it to you but you have got to ask directly. If you drop hints chances are they won't understand. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

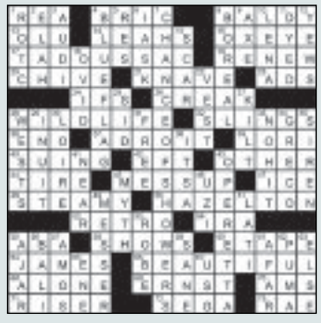


Across
1. Got a glimpse
4. Mafia don's realm: 2 wds.
10. Police alert, commonly
13. Tel Aviv, __.
14. Having branches
15. Marianas island
16. Cate Blanchett role, __ _
18. Antelope type
19. __ _ good example
20. Lanka's lead
21. "Seven Years in __" (1997)
23. High School attendees
25. Edmonton, 'Canada's __ City'
28. Fruit sort
31. Camper's bed
32. Cube used for soups
33. Prehistoric tool
35. Nothing: French
36. CUPW = Canadian Union of __ __
40. __ vinegar
41. Vassals
42. Band-__
43. Compass dir.
45. Aerobics class device
49. __ __ circles (Concealer targets)
52. Socialite/hostess Ms. Mesta
53. Certain crown
54. Ronny & The Daytonas hit
57. Burden
58. __ messaging
59. Launched by a candidate in Toronto ahead of the big election there on October 27th, 2014: 2 wds.
62. Mr. Kristofferson
63. Baseball official's duty
64. WSW's opposite
65. 'Verb' suffix
66. Ritzy couch
67. Cave

Down
1. Midday break
2. Isn't this in the Meg Ryan/Tom Hanks 'Seattle' movie
3. Novelist
4. "My Crew" Prod.
5. Montreal hockey players, to fans
6. Urgent situation, briefly
7. Recurring theme
8. Kyrgyzstan city
9. Shakespearean "Very well then...": 3 wds.
10. "Good-bye.", in Montreal: 2 wds.
11. It's guaranteed that everyone will do this and die: 2 wds.
12. Sporty bike
15. __ Desert
17. Most goofballish
22. TV Cousin
24. Kilt wearer
26. The Wilderness of Manitoba album: 'Island of __'
27. Mr. Chaney Jr.
29. 'Motor' suffix
30. Canadian-made 'World's Best Hat'
34. Prefix to 'light'
35. Make a typo ...then figure out the word's right letters
36. The Group of Seven
37. "The Night They Drove __ __ Down" by The Band
38. Mil. unit
39. Retain
40. Egyptian __ (Cat breed)
43. Be mistaken
44. Canadian broadcaster Mr. O'Regan
46. Investigated
47. Julia Louis-Dreyfus role
48. Blush
50. Chows
51. Country in Africa
55. "Jump __ __!" (Hurry!)
56. River in Normandy
58. Boxing stat.
60. Soul: French
61. Ripen

Snaz by Canadian rapper Dudley Hylton - 'Tha Rhyme Animal' aka _._._

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

3	9	8	5	4	6	1	2	7
1	6	7	2	9	3	5	8	4
5	4	2	7	8	1	6	9	3
8	5	4	9	6	7	2	3	1
9	7	3	1	2	5	4	6	8
6	2	1	4	3	8	7	5	9
2	1	9	3	5	4	8	7	6
7	3	6	8	1	2	9	4	5
4	8	5	6	7	9	3	1	2

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LOCK IN AT 95¢ PER LITRE* FOR UP TO $1,100 VALUE

WITH THE PURCHASE OR LEASE OF MOST NEW 2014 CARS, CUVs AND SUVs
MAXIMUM LITRE LIMIT VARIES BY MODEL (UP TO 1,000L ON FOCUS AND $550 IN VALUE)

+ AS LOW AS 0% APR† PURCHASE FINANCING ON SELECT NEW FUEL-EFFICIENT 2014 MODELS

THE WORLD'S BEST-SELLING± CAR NAMEPLATE

Titanium model shown

&

JUST ANNOUNCED

$750□ LOYALTY & CONQUEST CUSTOMER CASH
For qualified customers towards select Ford CARs/SUVs/CUVs

2014 FOCUS

WITH AVAILABLE ECOBOOST

PURCHASE FINANCE THE 2014 FOCUS S FOR ONLY
$85 @ 0.99%** APR
Bi-weekly for 84 months with $0 down. Offer includes $2,500 in manufacturer rebates. Offers exclude taxes.

DOWN	BI-WEEKLY
$0	$85**
$750	$81**
$1,500	$77**

OR PURCHASE FOR $14,948*

2014 IIHS TOP SAFETY PICK

5.5L/100km 51MPG HWY^^
7.8L/100km 36MPG CITY^^

Fiesta ST model shown

2014 FIESTA S HATCH

PURCHASE FINANCE FOR
$75 @ 0.99%** APR
Bi-weekly for 84 months with $0 down.

DOWN	BI-WEEKLY
$0	$75**
$750	$71**
$1,500	$67**

2014 FIESTA BEST-IN-CLASS HIGHWAY FUEL CONSUMPTION FOR 1.0L ‡ ECOBOOST‡

OR OWN FOR ONLY
$13,198*
Offer includes $2,500 in manufacturer rebates. Offers exclude taxes.

LOCK IN AT 95¢ PER LITRE* FOR UP TO $550 VALUE

5.1L/100km 55MPG HWY^^
6.9L/100km 41MPG CITY^^

2014 FUSION S

PURCHASE FINANCE FOR ONLY
$139 @ 2.99%** APR
Bi-weekly for 84 months with $0 down.

DOWN	BI-WEEKLY
$0	$139**
$750	$135**
$1,500	$130**

2014 IIHS TOP SAFETY PICK+
APPLIES ONLY TO OPTIONAL FRONT CRASH PREVENTION MODELS

OR OWN FOR ONLY
$22,818*
Offers include $500 in manufacturer rebates. Offers exclude taxes.

LOCK IN AT 95¢ PER LITRE* FOR UP TO $825 VALUE

5.8L/100km 49MPG HWY^^
9.2L/100km 31MPG CITY^^

2014 ESCAPE S FWD

PURCHASE FINANCE FOR ONLY
$149 @ 2.49%** APR
Bi-weekly for 84 months with $0 down.

DOWN	BI-WEEKLY
$0	$149**
$750	$145**
$1,500	$140**

CANADA'S BEST SELLING SUV^

OR OWN FOR ONLY
$24,888*
Offers include $1,000 in manufacturer rebates. Offers exclude taxes.

LOCK IN AT 95¢ PER LITRE* FOR UP TO $825 VALUE

6.7L/100km 42MPG HWY^^
9.5L/100km 30MPG CITY^^

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Add dealer administration and registration fees of up to $799, fuel fill charge of up to $120 and applicable taxes, then drive away.

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Vehicle(s) may be shown with optional equipment. Dealer may sell or lease for less. Limited time offers may be cancelled or changed at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. For factory orders, a customer may either take advantage of eligible Ford retail customer promotional incentives/offers available at the time of vehicle factory order or time of vehicle delivery, but not both or combinations thereof. Retail offers not combinable with any CPA/GPC or Daily Rental incentives, the Commercial Fleet Incentive Program (CFIP), †Until April 30, 2014. Purchase a new 2014 Fiesta S/ Fiesta ST/ Focus S/ Focus Titanium/ Fusion S/ Escape S FWD for $13,198/$24,888/$14,948/$26,664/$22,818/$24,888 (after Total Manufacturer Rebate of ($2,500/$0/$2,500/$0/$1,000) deducted). Taxes payable on full amount of purchase price after total manufacturer rebate has been deducted. Offers include freight and air tax but exclude administration and registration fees of up to $799, fuel fill charge of up to $120 and all applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. †Until April 30th 2014, receive 0.99% APR purchase financing on new 2014 Fiesta S Hatch/ Focus S Sedan/ Fusion S/ Escape S FWD models for up to 84 months to qualified retail customers, on approved credit from Ford Credit. Not all buyers will qualify for the lowest interest rate. Example: $25,000 purchase financed at 0.99% APR for 48/60/72 months, monthly payment is $520.83/$416.66/$347.22, cost of borrowing is $0 or APR of 0% and total to be repaid is $25,000. Down payment on purchase financing offers may be required based on approved credit from Ford Credit. **Until April 30th 2014, receive 0.99% APR purchase financing on new 2014 Fiesta S Hatch/ Focus S Sedan/ Fusion S/ Escape S FWD models for up to 84 months to qualified retail customers, on approved credit from Ford Credit. Not all buyers will qualify for the lowest interest rate. Example: 2014 Ford Fiesta S Hatch/ 2014 Focus S Sedan/ Fusion S/ Escape S] for $13,198/$14,948/$22,818/$24,888 (after $0 down payment or equivalent trade-in, and $2,500/$2,500/$500/$1,000 Manufacturer Rebate deducted) purchase financed at 0.99%/0.99%/2.99%/2.49% APR for 84 months, monthly payment is $163/$185/$302/$324 (the sum of twelve (12) monthly payments divided by 26 periods gives payee a bi-weekly payment of $75/$85/$139/$149), interest cost of borrowing is $470/$537/$2,500/$2,263 or APR of 0.99%/0.99%/2.99%/2.49% and total to be repaid is $13,668/$15,485/$25,318/$27,151. Same 2014 Fiesta S Hatch/ Focus S/ Escape S FWD example as in with $750 down: monthly payment is $154/$176/$292/$314 (the sum of twelve (12) monthly payments divided by 26 periods gives payee a bi-weekly payment of $71/$81/$135/$145), interest cost of borrowing is $444/$507/$2,422/$2,189 or APR of 0.99%/0.99%/2.99%/2.49% and total to be repaid is $12,944/$14,926/$24,740/$26,527. Same 2014 Fiesta S Hatch/ Focus S/ Escape S FWD example as in with $1,500 down: monthly payment is $145/$167/$282/$303 (the sum of twelve (12) monthly payments divided by 26 periods gives payee a bi-weekly payment of $67/$77/$130/$140), interest cost of borrowing is $417/$479/$2,345/$2,127 or APR of 0.99%/0.99%/2.99%/2.49% and total to be repaid is $12,194/$14,014/$23,660/$25,480. Down payment may be required based on approved credit from Ford Credit. All purchase finance offers include freight and air tax and PPSA but exclude administration and registration fees of up to $799, fuel fill charge of up to $120 and all applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. ^Estimated fuel consumption ratings for the 2014 Fiesta 1.6L – 4 5-Speed Manual or 6 Speed Automatic, 2014 Focus 2.0L I4 5-Speed Manual, 2014 Fusion FWD 2.5L 6-Speed SST, 2014 Escape 2.0L GTDI 146 6-Speed Automatic, Models shown: 2014 Fiesta ST 1.6L GTDI 4 6-Speed Manual: 7.6 L/100KM City and 5.6 L/100KM Hwy. Fuel consumption ratings based on Transport Canada-approved test methods. Actual fuel consumption will vary based on road conditions, vehicle loading and driving habits. ‡Based on Natural Resources Canada city and highway ratings for Ford models, 1995 through 2014. Actual results may vary. ^Offer only available at participating Ford dealers with the purchase of lease of a new 2014 Fiesta, Focus, C-MAX Hybrid, Fusion Hybrid (up to 1,000 litres), Fusion, Mustang, Taurus, Escape (up to 1,500 litres) and Flex, Explorer, Edge, Expedition (up to 2,000 litres) – all diesel models are excluded. $0.95 price lock ("Price Lock") amount may only be redeemed for regular grade fuel at participating Esso gas stations and applies when regular grade fuel is priced between $1.15 and $1.50 per litre at the participating Esso gas station where the redemption takes place. Where regular grade fuel is priced above $1.50 per litre, customer will receive a $0.55 per litre discount off of the regular grade fuel price. See dealer for Extra Grade and Premium Grade fuel discount structure and for full offer details. ^Based on 2004 – 2013 XL 4 Pak vehicle registrations data for Canada. In the Large Premium Utility, Large Utility, Medium Premium Utility, Medium Utility, Small Premium Utility, and Small Utility segments. ^Based on highway driving in a 2014 Fiesta 1.0L GTDI – 97 6-Speed Automatic and estimated fuel consumption ratings of 6.2 L/100km City and 4.3L/100km Hwy using Government of Canada approved test methods. Actual fuel consumption will vary based on road conditions, vehicle loading and driving habits. ^^Based on 2014 Ford Escape, Edge, Explorer, Expedition, Mustang, Taurus, Transit Connect, Transit Wagon, Transit Cargo Van, Transit Passenger Van, F-150, F-250, F-350, F-450, F-550, Super Duty Chassis Cab, Flex, Fusion, Fusion Hybrid, Fusion Energi, Fusion Hybrid Energi, C-MAX Hybrid, C-MAX Energi, Focus, Focus Electric, Taurus, Transit Connect, Transit Wagon, Transit Cargo Van, Transit Passenger Van, Transit Chassis Cab, E-Series Cutaway, E-Series Stripped Chassis, E-Series Wagon, E-Series Van, Super Duty Chassis Cab, Super Duty Stripped Chassis, Super Duty Commercial Cutaway, Super Duty Commercial Stripped Chassis, Super Duty Van, Super Duty Wagon, Super Duty Cutaway, Super Duty